



Session 2

Big Idea:

If you want to find peace in an anxious world, you must choose confession over concealment.

GROUP OPENER

Recent studies reveal that 27.3% of American adults have anxiety problems and 41.7% of young adults (18 to 29 years) suffer from anxiety.

Our human nature is not God-centered it is self-centered.

How does focusing on others and God help you move toward better mental health? Have you seen examples of this, or do you disagree?

GROUP DISCUSSION

- Read [John 2:23-3:21](#) Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn't you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience? How should it affect the way I live?

November 19
WEEKEND

ACTION STEPS

I will statement . . .

- Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. Put it in the form, "I Will _____". Make it concrete, simple, and achievable. Share it with the group.

As a Group

Reread John 3:19-20. What stands out to you in this verse? Why?

We often deal with our sin by dealing with the symptoms. As an example, we find our value in our appearance therefore we spend more than we can afford to to keep that appearance up. The same symptom could be a result of our greed.

As Christians place their faith in Jesus, we understand that we are regenerated spiritually. This is stepping into the process of our sanctification, and it is a lifelong process.

How would a perfect Christian community handle confession?

On your Own

Consider this:

Tyler said "Christianity is such good news. It is a totally realistic assessment of what's killing you. What's killing your relationships? What's stealing your future and stealing your joy? That's what a good friend does. They speak the last 10%. That's what a good doctor does! They diagnose the illness with complete honesty."

How can confession become a part of your spiritual journey? Where do you need to start?